

Center in with eyes open or closed, focus on breath work, guided sensation of HANDS (sense the hands open, resting on your lap or at your side– sense back, palm, fingers, whole hand...

Whole left hand– visualize placing a fear, something that angers or worries you, a doubt, a sadness– feel it hovering just over your hand

Whole left hand– visualize placing a moment you felt loved, felt trust, or peace, or a simple joy– feel it too hovering just over your hand

Bring your hands together, palms facing each other but not quite touching– sense the energy there, the paradox of being able to hold, to sense both... fear and love

TONGLEN–

Turn your hands toward someone sitting next to you (at home, I will be your partner in this!)

Let your palms hover close without touching... know that we have all experienced fear, anger, sorrow, doubt... and love, peace, trust, joy

Now without speaking, breathe in each other's fear, let it enter the compassion you hold in your heart, and breathe it back out recycled as love

Breathe in the fear of all of those experiencing illness, sorrow hunger, or violence, injustice of every kind, and with your exhale,

release fear's hold and send your love over the mountains, send your love over the sea, send your love into the heavens... And feel it return to you...

God is the Divine givingness of the Universe. My whole being is one with the Divine flow. (Adapted from Eric Butterworth)

Deny the power of fear, anger, sadness, doubt to keep you LOCKED there...without denying the emotion/feeling itself. What can fear, anger, grief, doubt, failure teach us? (*All [inner] healing is essentially the release from fear*)

Yes to Kian (Show photo)

(This is not a *prescription*...MY specifics are only an invitation into reflecting on your own unrepeatable specificity!)

2016, newly ordained, “underemployed” financially and “overemployed” time-wise, I “met” Kian through the Unbound program. It has been a journey deepening MY trust in the divine flow of my life. Committing to supporting Kian monthly was a conscious move, anchoring my stake in my own future, trusting that by partnering God, saying yes to my sacred purpose would lead me forward.

The physical sensation that morning of SAY YES to this– despite what my bank account looked like– came from my sense of abundance of loving support in my life AND from recognizing that my fear of scarcity was teaching me something. Both were nudging, inviting, pushing me to get creative with Creator about how to be more giving AND how to weave more stability into my livelihood. Kian is one of my Divine partners in the flow and presence of God at work in my life,

Eric Butterworth, in *Spiritual Economics*, in conversation with Ogun Holder in this month’s Unity magazine

Spiritual Economics, chapter 10

The purpose of life is not acquisition but unfoldment and personal development. giving does not refer simply to money... It also involves your work and the many ways in which you make contact with life. Giving is basically an attitude with which you touch things...

God is the Divine givingness of the universe. and you are created in the image-likeness of this divine givingness. You cannot make any sense out of life or realize the free flow of substance in your experience until you begin to see yourself as a giver...In your spiritual quest, you are seeking to establish yourself in a unitive relationship with the divine flow.

Life for the whole person is a giving process. We are not talking specifically about church giving, giving to charity, and so forth. There are many channels through which you're giving may be funneled. We are talking about attitudes toward life, the basic awareness that life is a matter of developing or unfolding from within. It is knowing that life is not something to get but something to express. It is the fulfilling awareness that your business is always the express business no matter what name your worldly vocation may bear...

It is knowing that life is not something to get but something to express.

One of the most significant phrases in the Bible is “wait on the Lord...” it comes from the Hebrew word *qavah* which means “to bind together.” But to wait on the Lord does not mean to sit down and fold your hands in the faith that God will do it all for you. The fact is, God can do no more for you than God can do through you. Wait on the Lord means to get yourself integrated in consciousness with the divine flow. Before undertaking any project, wait on the Lord in a conscious prayer experience in which you turn your thoughts inward and establish yourself in the flow of the creative process. Become very still and centered. Sense the creative energy of Spirit tingling in your fingertips, guiding your hands, directing your footsteps, putting words into your mouth, helping you to do the things that need to be done, to do them easily and to do them well.

Rev Ogun Holder in this month's issue of Unity Magazine

“Decolonizing New Thought”

“Our movement's teachings apply universally, but the often glossed-over truth is that for some, the outcome doesn't live up to the promise of our principles...

‘You manifest according to your faith’... often felt as if an individual's experience was entirely their responsibility, and if it wasn't a positive one, they were blamed. To be clear, this isn't just a new thought issue. It's a form of religious abuse found in all faith traditions. It's also a convenient bypass around questioning a faith's tenants and principles. The problem may not be with the tenants *per se*, but with how such Universal principles are taught: as a one-size-fits-all panacea. The truth is that one size fits all is not a thing. We don't all start from the same place and while some of us have a clearer track ahead, the rest of us have near insurmountable hurdles to overcome.

Mind the Gap 😊

Seeing our inflow/outflow offers an opportunity to grow our sense of being made in the image and likeness of the Divine givingness of the universe!

That bar graph could just as easily represent:

Our loneliness vs how often *we* reach out

The number of neighbors in our city who are hungry vs well fed

The lack of affordable housing vs yet another development of “luxury apartments” going up

How are we, individually and as a community, taking a life-stance of GIVING, giving our WHOLE selves? How are we growing in awareness that our entire lives are a way of expressing the divine givingness we are made of? How are we then expressing “what is mine to do?”

Give smiles to strangers. Chat in line at the grocery store.

Give space between cars in traffic!

Give to our loved ones in relationship, in forgiveness, in sacred truth telling

Give by showing up in friendship and deep listening

Give by centering in quiet, and letting ourselves be led

Give to our Mother Earth by making choices that heal and sustain our climate

Give so that soup kitchens and food pantries are obsolete.

Give so that peace is where we live, no matter where we live

Give from the Ground of our Being

Give to where our spirits are fed

Give with joy to what we want to grow more of in the world

Let our sorrow and anger at injustices remind us as Rev Ogun does when he quotes Cornell West– that “Justice is what love looks like in public.”

This is not a thinly veiled attempt at asking us to increase a dollar amount in a butterfly net, although we may indeed be inspired to give more financially as well. Seeing with clarity where we stand fiscally is an invitation to center ourselves in the presence of God. To release outer concerns and allow the Givingness of the Universe, the all loving presence of God to move in us, through us and AS us.

I’m asking us– each of us– to increase our sense of *giving as a way of facing life*, a stance of choosing the power of love in all actions, recognizing fear and what it might want to teach us, and then releasing it, denying its power to hold us, lost in a vortex of fear. I’m asking us to give in ways small and tender, and in ways that might sometimes ask much of us. And I ask you to join me in saying this affirmation, daily. And listening to what your left hand was holding, write a denial that helps you anchor in your commitment to partner with God in all things. In that way we will truly live in and from our vision and mission. And so it is. Amen.

Community Affirmation:

God is the Divine givingness of the Universe.

My whole being is one with the Divine flow.